



Nicotine t'ajàhch'uu ekhè' uuhidiinjaa lèe niindhanh?



NRT t'ajàhch'uu k'iighè' gwiyeendoo nit'ài gwiheelyah!

Dzìh, diikak gitr'aht'an, dhandaii lù' ts'at sprays vitr'ahnuu jii kat nicotine ekhè' tr'oonuu gwí'ejíich'ii (NRT) diinch'uh, jii t'atr'ijahch'uu jí' ts'ee't'at ekhè' tr'oonuu geenjit diits'at tr'iheendał.

NRTs kat jii gwik'it gugwideech'inh:



Diikak gitr'aht'an, **nicotine patch** vitr'ahnuu vizhìt nicotine diinch'uu drin tthak diidhoh kak dha'aii k'iighè' drin tthak nicotine diitthaiitat diinch'uh.



Dzìh vizhìt nicotine diinch'uu tatr'ida'aa k'iighè' diitthaiitat nicotine diinch'uh.



Vàh tr'idazhak tsal vizhìt nicotine diinch'uu hàh tr'idazhak k'iighè' nicotine tsal diitthaiitat diinch'uh.



Nicotine spray diizhik ts'at diiyihdàii zhìt tr'iinlii k'iighè' diidàa tat diinch'uh.



Dhandaii lù' zhìt nicotine diinch'uu t'atr'ijahch'uu dàì 15 minutes gahshùk t'ee diits'at tr'iinjìh.

NRTs kat nagwahdè' k'it t'igiinch'uh kwàh.

Diits'at tr'igiinjii gòò ts'ee't'at ekhè' tr'oonuu gugwitr'it gwiinchii. Neenjit ejùk gwiheelyaa geenjit gijiint'aii kheenjit shòh iinlii.

Gwiyeendoo nits'at tr'itr'iheendał lèe niindhanh?

Agoondaii **Champix** gòò **Zyban** guuvaazhii dínjii srinalii kat duulèh juudìn guughaii 17 gwiyeendoo goonlii kat guuts'an gahtsih. Jii agoondàih k'iighè' gwiyeendoo ijidhahkàn' niindhanh kwaa geenjit nits'at tr'iheendał.

Government of Northwest Territories



Ekhè' uujihnuu lee niindhanh? Nits'at tr'ihidandał

NWT gwizhìt ts'ee't'at ekhè' tr'oonuu geenjit goo'aii gwi'ehdichìi' 1-866-286-5099 gwits'at ginjjkhih. Gwits'at tr'igjjkhih dàì' uu'òk kat duuyeh gahgidandaih NWT gwizhìt ts'ee't'at ekhè' tr'oonuu geenjit diits'at tr'iginjii kat 24/7 diiyeenjit ezhik t'igiinch'uh